

Thorncliffeplace's eBook Ottawa Retirement residences

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Ottawa Retirement residences | Thorncliffeplace

There are aged members of our society, members who have toiled away their *prime* in serving our community and making the world a better place. Their selfless efforts have earned them a few rewards, one of which should be our undivided attention *and* [senior care](#). But that isn't *quite* possible in today's fact paced economy. So, what do we do? We find assistance.

Why? Well, because the staff of the retirement homes is able to offer our loved ones the attention that they need and have rightfully earned.

There has to be maintenance of independence and privacy in a retirement community apart from [other facilities](#). There is a wide choice of spacious apartments having different floor plans and separate entrances. And you can furnish your apartment exactly how you'd like; you can also bring in your furniture and other personal articles. Understand, a [retirement home](#) provides you with the security and independence like any *normal* home.

All the worries and stresses from loneliness are diminished when living in a [assisted living](#) community. All features are designed in such a way towards quick and immediate response to you when you need somebody to provide you assistance.

According to studies, active and engaged people lead a healthier and happier life. As per the residents' needs, desires and even their [lifestyle](#), options are available through [art and craft activity programs](#) extensively. Side by side isolation felt is reduced when living independently.

As the old age progresses, we notice unexpected changes in our lives. It's not necessary that these changes come when you are alone. Senior [assisted living](#) at [retirement residences for elders](#) is a practical option. Consider it.

Increasing lifespan for seniors, not a big deal!

Know the 'two' tips that can add-on a few extra years in life post-retirement

One thing that disturbs the most after a person steps in the retired life is health. However, it's natural to lose sheen of the skin and get prone to the various diseases as the person ages, but going natural, a senior person can at least delay that called as inevitable 'Death'. Plus, those added extra years [can be enjoyed to the fullest](#).

Don't worry; we're not going to set up a long list of various physical exercises that you often avoid doing. It's a simple trick of seven that can take you up in the seventh heaven as far as your health is concerned. Let's see, how?

Firstly, answer yourself, what you eat, how much you take in and how many servings per day. Suggest comparing it to what is mentioned below. In order to lower the risk of death, one must include fresh vegetables and fruits in his diet. Stomaching food in one serving is not advisable at all; rather one can have those vegetables and fruits in seven portions. Not only will it make one feel better and prevent rebound digestion problems, it will also make one feel lighter all day.

Also Read: [What-Are-the-4S-of-Senior-Home-Care](#)

Having seven servings of fresh fruits and vegetables per day can take you far, as then, you're less likely to die of any cause, plus following this routine can lower the risk of dying by 42 %, says the study carried out by BMJ (British Medical Journal) today. This survey is the follow-up of 7.5 years where the random samples of the people died over the years were taken into the consideration. The death rate of the people who consumed seven servings of the vegetables and fruits, compared to those who ate only one or less than one serving per day was calculated.

In the inference, they found a close association the kind of diet the people ate with the death rate. In short, the more you eat fresh vegetables and fruits, the more chances you've to live long and above all, healthy. You've been consuming vegetables and fruits, but they are canned. You need to shift quickly to the fresh ones since the sugar present in the canned vegetables and fruits can increase the death rate by 17%.

Being a senior living your life after retirement, you love snacking on fruits more than vegetables. Although it's fruitful for your lifespan to eat fruits, but you know, the vegetables are far more beneficial, compared to the fruits, when it comes to reducing the risk of dying. Cutting down on the fruits

and replacing them with the vegetables will stretch your life further. Moreover, you can have these fruits whenever you feel like consuming some sugar. You, as a senior, might be wondering over the fate of the rule eating five portions in a day. Doing so is also beneficial, but the recent study gives having seven servings per day an edge over five meals.

By no means, should the seniors feel limited by the high hill of seven [lifestyle](#). It's not as difficult as it sounds to be. It will be better if you start making changes in a slow, but consistent way. Say, you've been keeping a distance from the vegetables and fruits by now, then, you should add one or two portions in your diet. You're already having a portion or two; try increasing it to four or five portions. Through the time, make it seven and see the difference. You're sure to feel fitter and healthier similar to when you were in the youngest phase.

If money blocks your way, you needn't lose heart. For the reason that it's not a cast-iron rule sticking to the mark of seven portions of vegetables and fruits. How many portions of vegetables and fruits can you take in per day? Adjust your diet accordingly that should be taken in with consistency. Do remember, maintaining health not only needs wealth, but persistent efforts too.

If you're looking forward to **hire a caregiver** or shifting to a [retirement homes in ottawa](#) that can **help you live a healthy and ideal life post-retirement**, Thorncliffeplace is here to solve your problem and help you enjoy life after retirement in various other possible ways also such as [enjoying fine dining](#) and participation in [art and craft activities](#) among many other [facilities](#) which you get here. Planning for *life after retirement* is an important task. We will help you realize your dreams and goals for retirement.

Tags: [Life After Retirement](#), [life after retirement activities](#), [ottawa retirement living](#), [Ottawa Retirement residences](#), [ottawa senior lifestyles](#), [post retirement activities](#), [post-retirement](#), [post-retirement lifestyle](#)

Do you think that healthy eating is all about dieting and sacrifice? Think again. Eating well is a part of a **healthy lifestyle** that embraces colourful food, creativity in the kitchen, and eating with friends. As we age, eating well can also be the key to a positive outlook and staying well emotionally.

Eating well is a feast for your five senses! Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected—when your body feels well you feel happier inside and out. To ensure that they feel well, seniors should be able to enjoy their meals and make their eating experience healthy and a [fine dining](#) experience! This is the Thorncliffe Place [retirement home](#) approach to food and nutrition.

Proper nutrition is necessary to ensure that muscles, bones, organs, and other body parts will be strong for the long haul. Eating vitamin rich food boosts immunity and fights illness-causing toxins. A well-balanced diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. To eat sensibly means consuming fewer calories and more nutrient dense foods and keeping weight in check. These are the guiding principles for meals at Thorncliffe Place.

Scientists know that key nutrients are essential for the brain to do its job. Research shows that people who eat a selection of brightly coloured fruit, leafy veggies, certain fish and nuts packed with omega-3 fatty acids can improve their focus and decrease the risk of Alzheimer's disease.

Thorncliffe Place employs wonderful chefs, who plan and prepare nutritious, healthy, and delicious home cooked meals. The menu offers a variety of fresh seasonal selections and special diets can be accommodated easily. The kitchen provides meal service in two sittings, three times daily, in Thorncliffe's main dining room.

3 Myths about Retirement Homes Debunked

By Bloguser on June 16th, 2014

There are aged members of our society, members who have toiled away their *prime* in serving our community and making the world a better place. Their selfless efforts have earned them a few rewards, one of which should be our undivided attention *and senior care*. But that isn't *quite* possible in today's fact paced economy. So, what do we do? We find assistance.



Assistance that is the *best* when in the form of [retirement residence](#), a retirement home is great for an aged loved one.

Also Read: [10 Things To Know About Assisted Living Seniors & Caregiving](#)

Why? Well, because the staff of the retirement homes is able to offer our loved ones the attention that they need and have rightfully earned.



Even if there are *many* advantages of [living in retirement homes](#), it is difficult for many seniors and their families to move there. There are certain ways in which [the transition can be made easier](#). I have listed some common myths or misconceptions that some of you may have regarding assisted retirement living.

1. Myth: You lose your independence.

Truth: You are as independent as you ever were.



There has to be maintenance of independence and privacy in a retirement community apart from [other facilities](#). There is a wide choice of spacious apartments having different floor plans and separate entrances. And you can furnish your apartment exactly how you'd like; you can also bring in your furniture and other personal articles. Understand, a [retirement home](#) provides you with the security and independence like any *normal* home.

2. Myth: Staying in a Retirement community can be lonely.



Truth: There are in-built safety and security measures with staff availability on a 24x7 basis.

All the worries and stresses from loneliness are diminished when living in a [assisted living](#) community. All features are designed in such a way towards quick and immediate response to you when you need somebody to provide you assistance.

3. Myth: Retirement communities are boring.



Truth: More activity comes in community life than when living alone. Residents are able to [enjoy fine dining](#), gardening programs apart from fitness programs, cards, bingo, and book clubs, retirement communities are fun.

According to studies, active and engaged people lead a healthier and happier life. As per the residents' needs, desires and even their [lifestyle](#), options are available through [art and craft activity programs](#) extensively. Side by side isolation felt is reduced when living independently.



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Also read: [Senior Home Care: What is the Role of Caregivers in Assisted Living](#)

How To Enjoy Life After Retirement ?

By Bloguser on May 8th, 2014

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By no means, should the seniors feel limited by the high hill of seven [lifestyle](#) . It's not as difficult as it sounds to be. It will be better if you start making changes in a slow, but consistent way. Say, you've been keeping a distance from the vegetables and fruits by now, then, you should add one or two portions in your diet. You're already having a portion or two; try increasing it to four or five portions. Through the time, make it seven and see the difference. You're sure to feel fitter and healthier similar to when you were in the youngest phase.

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Ottawa Retirement Home Enjoys Arts and Crafts

By admin on December 26th, 2013

As people age, physical limitations begin to hinder enjoyment of activities that were once part of daily life. Today's seniors find alternatives through the enjoyment of arts and crafts projects that provide a sense of accomplishment while maintaining an active lifestyle.



At Thorncliffe Place and other Ottawa [senior retirement homes](#), arts and crafts instruction is provided to residents as part of daily activities. The trend in many Ottawa Retirement homes is to have craft fairs that showcase the creativity of residents. Thorncliffe has its own Bazaar in the month of November with all proceeds donated to charity.

Crafts for the elderly are much more advanced than they once were. Regardless of whether a resident is new to crafting or has been crafting for a lifetime, mental or physical limitations that often accompany aging make it difficult for some seniors to enjoy certain crafts. However, by adapting the craft or using special equipment, most senior citizens are able to once again enjoy a favorite pastime.



There are a number of [easy crafts for seniors](#) that many people don't realize seniors would enjoy learning. Thorncliffe still offers options of easier tasks that may involve the use of pipe cleaners and papier-mâché, but residents are also invited to continue what they did when they were younger. Making jewelry, for instance is very popular while others still quilt, knit, and crochet.

There are some new talents many residents at Thorncliffe can learn for example painting with oils and watercolors, this allows them to be creative, have fun and relax on a Saturday afternoon while feeling productive.



Another popular craft especially at Thorncliffe is creating greeting cards; this allows them to create something that is useful and could be given away to family members and enjoyed by all. Other popular [activities at Thorncliffe](#) that allow the residents to express their creativity include creating pictures, posters, arts and crafts, ceramics, weaving, cooking and non-cooking activities, gardening and scrapbooking.

Thorncliffe Residents are still as active and engaged as they ever were, so they are not limited to the ideas of craft hour in the Thorncliffe Garden Room. The art making process is creative and can serve as a way to explore your past and your present experiences. Whether you look at art work as therapy or just a way to have fun it is a powerful tool. It's never too late to discover or to find new ways to relax an essential part of who you are. The idea is that the elderly should continue to do what they did, what they love to do, and whatever they can do to keep their minds and souls healthy and happy.

Thorncliffe Residents Enjoy Fine Dining

By admin on December 26th, 2013

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Scientists know that key nutrients are essential for the brain to do its job. Research shows that people who eat a selection of brightly coloured fruit, leafy veggies, certain fish and nuts packed with omega-3 fatty acids can improve their focus and decrease the risk of Alzheimer's disease.

Eating with company can be as important as vitamins. Think about it: a social atmosphere stimulates your mind and helps you enjoy meals. When you enjoy mealtimes, you're more likely to eat better.

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